



Braised lamb shanks with bay, rosemary, pancetta and tomatoes

Lamb shanks need long, slow cooking, but you get such a great flavour in return it's well worth the wait!

Serves 4

4 lamb shanks

4 small sprigs of fresh rosemary

100g of plain flour

salt and freshly ground black pepper

extra virgin olive oil

1 carrot

1 red onion

2 sticks of celery

100g of pancetta, cut into cubes

3 bay leaves

2 x 400g tins of tomatoes

300ml stock or water

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PROFESSIONAL SERIES

by **TEFAL**

Preheat the oven to 180°C/350°F/gas 4 and get your Tefal Dutch oven nice and hot.

Push a sharp knife into the top of each lamb shank and work it down next to the bone to form a small thin pocket. Stuff a sprig of rosemary into each hole – this will perfume the lamb while it cooks.

Put the flour in a bowl and season it with lots of salt and freshly ground black pepper. Toss the lamb shanks in the seasoned flour and pat off any excess. Add a couple of tablespoons of oil to the hot pan, add the shanks – 2 at a time – and roll them slowly around the pan until they're brown.

Meanwhile, chop the carrot, onion and celery into large dice. When the shanks are brown, remove them from the pan and put to one side. Add the pancetta, the bay leaves and the chopped vegetables, and turn the heat down a little. Cook slowly with the lid on for 15 minutes or so until the vegetables are soft, then add the tomatoes, water or stock and the browned lamb shanks.

Put the lid back on the pot, bring to the boil and then place in your preheated oven for 2 hours or until the lamb shanks are deliciously soft, melting and falling off the bone. Great with mashed potato or soft polenta and Parmesan cheese!